

Licensed Clinical Neuropsychologist Mary K. Helmin LICSW, PsyD, LP, at Hazelden Betty Ford Foundation

Bringing Expertise in Trauma-Informed Therapy, Psychological Assessments, and Relationship Counseling to Comprehensive Mental Health and Substance Abuse Treatment



New York City, New York Jul 3, 2024 ([IssueWire.com](https://www.issuewire.com)) - A licensed clinical neuropsychologist, Dr. Helmin is affiliated with the Hazelden Betty Ford Foundation in Minneapolis, Minnesota. Specializing in trauma-informed therapy, psychological and neuropsychological assessments, mood disorders, PTSD, and relationship counseling, she brings a multifaceted approach to her practice. Her focus on conflict

resolution and effective communication strategies underscores her dedication to helping individuals navigate their mental health challenges with compassion and expertise.

Dedicated to understanding and treating the complexities of the human mind, she earned a degree in Dance and Psychology at St. Teresa College, before furthering her training by obtaining a Master's degree in Dance Movement Therapy from Hunter College and a certificate in Holistic studies from St. Catherine University.

Subsequently, Dr. Helmin attended the Minnesota School of Professional Psychology, where she earned both a Master of Arts in Clinical Psychology and a Doctor of Clinical Psychology. Her commitment to continuous learning led her to complete a two-year post-doctoral residency in neuropsychology at the University of Minnesota Fairview, through Natalis Counseling Clinic.

In addition to her clinical work, she is an active member of professional organizations such as the American Psychological Association, Division of Neuropsychology, and the International Neuropsychological Society. Her commitment to staying current with the latest advancements in the field ensures that her patients receive the highest quality of care based on evidence-based practices.

Learn More about Dr. Mary K. Helmin:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/81247069-Mary-Helmin-Psychologist>

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